



The chae in japchae means 'finely cut' - make sure to make the most of those knife skills!

Cooking Time: 45 min | Dairy-Free
Cals 530 | Prot 25 | Carbs 85 | Fat 17

Tips For Fussy Eaters

Leave the sriracha and the chilli flakes out!

Pro Tip

Don't rush the frying of the tofu or mushrooms. The crispiness of both adds to the dish's flavour and texture. Use two pans or work in batches!

Ingredients

For 2 For 3 For 4

Tofu and noodles

Firm tofu	500	500	1000	Grams
Salt	0.5	0.5	1	Tsp
Corn starch	20	20	60	Grams
Vegetable oil	4	5	6	Tbsp
Glass noodles	100	250	250	Grams
Chilli flakes	2	2	2	Grams

Vegetables

Chestnut mushrooms	250	250	500	Grams
Shiitake mushroom	200	200	400	Grams
Shallots	1	2	2	Piece
Carrot	1	2	2	Piece
Garlic cloves	2	2	3	Piece
Ginger	30	45	60	Grams
Vegetable oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Baby spinach	60	90	125	Grams

Sauce

Soy sauce	30	40	60	ML
Sweet soy sauce	20	30	40	ML
Hoisin sauce	30	40	60	Grams
Sriracha sauce	14	21	28	ML
Sesame oil	15	22	30	ML
Sesame seeds	10	15	20	Grams



1 Prep vegetables

Clean and slice the **chestnut** and **shiitake mushrooms**. Peel and finely slice the **shallots** and **carrots**. Peel and grate the **garlic** and **ginger**.



2 Prep tofu and sauce

Chop the **tofu** into cubes. Sprinkle with **salt**. Carefully turn the **tofu** in the **corn starch** and set aside. In a small bowl, combine the **soy sauce**, **sweet soy sauce**, **hoisin sauce**, **sriracha (spicy!)**, **sesame oil** and **sesame seeds**. This is your **sauce**.



3 Fry tofu

See pro tip! Heat a non-stick pan over a medium-high heat with a generous drizzle of **vegetable oil**. Once hot, add the **tofu** cubes and fry for 6-8 min until golden and crispy. When frying, handle the **tofu** gently and don't move it around too much. Remove the crisped **tofu** from the pan and set aside.



4 Fry vegetables

See pro tip! Return the pan to a high heat with a second drizzle of **vegetable oil**. Once very hot, add the **mushrooms** and fry for 5-8 min until starting to crisp. Add the **shallots**, **carrots**, **salt** and **pepper**. Fry for 2 min further. Finally, add the **baby spinach**, **garlic** and **ginger**. Cook for a final 1-2 min.



5 Prep noodles

Meanwhile, boil a kettle. Pour the boiling water over the **glass noodles** and cover for 3 min. Once tender, drain the **noodles** in a colander and run under cold water. Return the **noodles** to the bowl and cross-cut them a couple of times with scissors. Add the **sauce**. Fold to combine.



6 Combine

If you're cooking for 3 or 4, divide everything among two pans. Toss the fried **tofu** and the seasoned **noodles** in the fried **vegetables**. Divide the stir-fry among plates, sprinkle with a pinch of **chilli flakes (spicy!)** and serve immediately.



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